

## SENIOR WOMEN

No	Club	Stage One	Time	Pos	Stage Two	Time	Pos	Stage Three	Time	Pos
68	BASILDON AC	Kirsty Tydeman	18 47 0 18 47	2	Emily Ballard	38 56 0 20 09	4	Gemma Kersey	56 04 0 17 08	1
69	BENFLEET	Victoria Hiscock	18 17 0 18 17	1	Dominique Ballard	38 00 0 19 43	2	Catherine Stunt	57 17 0 19 17	2
87	SOUTHEND	Sarah Jefferies	19 58 0 19 58	8	Anne Jenkinson	40 18 0 20 20	7	Kerry Holland	57 50 0 17 32	3
76	COLCHESTER H	Ellie Mayne	19 04 0 19 04	4	Laura Shewbridge	37 58 0 18 54	1	Heidi Steele	57 53 0 19 55	4
74	CHELMSFORD	Carys Sutton	19 35 0 19 35	6	Rebecca Rowley	38 18 0 18 43	3	Rebecca Luxton	58 18 0 20 00	5
77	COLCHESTER H	Denise Morley	18 58 0 18 58	3	Molly Huggins	39 33 0 20 35	6	Amanda Henry	59 30 0 19 57	6
88	SOUTHEND	Vanessa Mathers	20 41 0 20 41	10	Hayley Lamkin	40 59 0 20 18	8	Claire Cornwell	60 16 0 19 17	7
75	CHELMSFORD	Joanne Smith	19 42 0 19 42	7	Wendy King	38 58 0 19 16	5	Jessica Swain	61 07 0 22 09	8
82	LEIGH ON SEA	Claire Dimantier-Marriage	21 26 0 21 26	12	Tracy English	41 47 0 20 21	9	Stephanie Simpson	62 58 0 21 11	9
70	BENFLEET	Vanessa Dodds	20 54 0 20 54	11	Sarah Grabowski	42 10 0 21 16	11	Jacqui Watson	63 20 0 21 10	10
78	COLCHESTER H	Andrea James	20 33 0 20 33	9	Annette Oakman	42 05 0 21 32	10	Charlotte Allen	64 53 0 22 48	11
83	LEIGH ON SEA	Jacky Camm	22 00 0 22 00	14	Marita Neville	44 06 0 22 06	14	Stephanie Simpson	65 14 0 21 08	12

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73	BRAINTREE	Chloe Beckett	19 12	5	Kayleigh Beeson	43 48	13	Claire Gordon	66 22	<b>13</b>
			0 19 12			0 24 36			0 22 34	
89	SOUTHEND	Kasia Kostyrka	22 24	17	Debbielyn Hallum	45 37	15	Natasha Lagden	66 30	<b>14</b>
			0 22 24			0 23 13			0 20 53	
98	WITHAM	Brigid Wallen	22 37	18	Donna Morris	45 45	16	Liz Stuckey	67 30	<b>15</b>
			0 22 37			0 23 08			0 21 45	
79	COLCHESTER H	Kate Sandercock	24 09	24	Debbie Cattermole	46 18	17	Fran Norris	68 08	<b>16</b>
			0 24 09			0 22 09			0 21 50	
95	TIPTREE	Tracey Harrington	21 53	13	Tara Harrison	43 46	12	Valerie Rees	68 10	<b>17</b>
			0 21 53			0 21 53			0 24 24	
90	SPRINGFIELD S	Kirsty Williams	23 53	22	Anna Luff	47 33	19	Nichola Hands	69 24	<b>18</b>
			0 23 53			0 23 40			0 21 51	
71	BENFLEET	Rachel Hurrell	22 01	15	Katie Wilkinson	46 32	18	Jennie Page	69 35	<b>19</b>
			0 22 01			0 24 31			0 23 03	
72	BENFLEET	Annette Johnson	23 51	21	Mandy Cooper	48 09	20	Sharon Johnson	72 10	<b>20</b>
			0 23 51			0 24 18			0 24 01	
85	LEIGH ON SEA	Debra Mangham	23 17	19	Alison Hall	48 47	21	Vicky Parsons	72 48	<b>21</b>
			0 23 17			0 25 30			0 24 01	
91	SPRINGFIELD S	Sarah Colbert	23 56	23	Sharon Bannister	48 59	22	Allison Gillan	73 35	<b>22</b>
			0 23 56			0 25 03			0 24 36	
80	HAVERING M	Tracy O'Neill	24 36	27	Bobbie Westwood	50 38	25	Juliet Ward	74 56	<b>23</b>
			0 24 36			0 26 02			0 24 18	
100	SOUTHEND	Amanda Baker	23 43	20	Sally Newman Russell	50 24	24	Lisa Anne Martin	75 09	<b>24</b>
			0 23 43			0 26 41			0 24 45	

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No	Club	Stage One	Time	Pos	Stage Two	Time	Pos	Stage Three	Time	Pos
84	LEIGH ON SEA	Lisa Westwick	24 48	28	Carole Drake	51 30	26	Gail Datman	76 11	<b>25</b>
			0 24 48			0 26 42			0 24 41	
86	PITSEA	Francesca De Souza	24 35	26	Shirley Johnson	49 10	23	Sarah Matin	77 38	<b>26</b>
			0 24 35			0 24 35			0 28 28	
96	TIPTREE	Paula Rothero	25 42	30	Caraline Bownes	52 09	27	Jo Dickman	79 27	<b>27</b>
			0 25 42			0 26 27			0 27 18	
99	WITHAM	Becky Barnes	25 01	29	Tracey Denby	54 41	29	Annabelle Read	79 50	<b>28</b>
			0 25 01			0 29 40			0 25 09	
92	SPRINGFIELD S	Pippa Rowe Wakeling	24 28	25	Sarah Knowles	53 24	28	Sarah Goodwin	82 14	<b>29</b>
			0 24 28			0 28 56			0 28 50	
97	TIPTREE	Rose Haskey-Jones	29 08	31	Wendy Smalley	57 25	30	Rebecca McVelia	84 45	<b>30</b>
			29 08			0 28 17			0 27 20	
93	SPRINGFIELD S	Sandra Stanton	29 26	32	Dawn Porter	59 53	31	Charlotte Laurence	85 34	<b>31</b>
			0 29 26			0 30 27			0 25 41	
94	THURROCK	Sam Cox	22 18	16						
			0 22 18							

FASTEST LAP

Gemma Kersey 17m 08s